

# Parenting Support Resources

Child and Youth Mental Health and Substance Use [CYMHSU]

<b>Nobody's Perfect</b> (for parents with children under 6 yrs)	<b>Comox Valley Family Services Association</b> (Healthy Families Program) 🔗 <a href="https://valleychild.ca/services/nobodys-perfect-parenting-program">https://valleychild.ca/services/nobodys-perfect-parenting-program</a>	📞: (250) 871-7577
<b>Triple P Parenting Program</b> (2-12 yrs or 9-16 yrs)	<b>Comox Valley Transition Society</b> 🔗 <a href="http://cvts.ca/portfolio-item/triple-p-positive-parenting-program">http://cvts.ca/portfolio-item/triple-p-positive-parenting-program</a>	📞: (250) 897-0511 ext. 108
<b>Confident Parents, Thriving Children</b> (3-12 yrs)	Family-focused, telephone-based coaching service for reducing mild to moderate behavioural problems 🔗 <a href="https://www.cmha.bc.ca/how-we-can-help/children-families/confidentparents">https://www.cmha.bc.ca/how-we-can-help/children-families/confidentparents</a>	*Requires a referral from a primary care practitioner*
<b>Friends For Life Parent Program</b> (4-7 yrs or 9-14 yrs)	An evidence based anxiety prevention and resiliency program available online for parents 🔗 <a href="http://www.friendsparentprogram.com">http://www.friendsparentprogram.com</a>	
<b>Parenting Without Power Struggles</b> (8-12 yrs) <b>Parents in the Know (&gt; 12)</b> <b>Parents Together Support Group (&gt; 12)</b>	<b>Boys &amp; Girls Club</b> (Classes / Support Groups for Parents) 🔗 <a href="http://www.bgccvi.com">http://www.bgccvi.com</a>	📞: (250) 338-7141
<b>Parent Teen Mediation</b>	<b>Ministry of Children and Families (MCFD)</b>	📞: (250) 335-2343
<b>Young Parent Program</b>	c/o Vanier Secondary School Expectant and parenting students in high school 🔗 <a href="http://tntls.com/?page_id=25">http://tntls.com/?page_id=25</a>	📞: (250) 338-8445
<b>Support Group for Parents / Caregivers of Teens with Substance Use</b>	<b>John Howard Society</b> Weekly support group meets Thursday nights 🔗 <a href="http://www.jhsni.bc.ca">http://www.jhsni.bc.ca</a>	📞: (250) 338-7341
<b>Grandparents Raising Grandchildren</b>	<b>Child Development Association</b> Peer support meets weekly 🔗 <a href="https://cvcda.ca">https://cvcda.ca</a>	(Intake) 📞: (250) 338-4288
<b>Support for Parents/Caregivers on Hornby and Denman Islands</b>	<b>Hornby and Denman Community Health Care Society</b> Youth & Family Counselling 🔗 <a href="http://hornbydenmanhealth.com">http://hornbydenmanhealth.com</a>	📞: (250) 898-0247
<b>Comox Valley Early Years Centre</b> Support for Children 0-6 yrs	<b>Comox Valley Early Years Centre</b> Services/Supports for parents with children 0-6 yrs 🔗 <a href="http://www.valleychild.ca">http://www.valleychild.ca</a>	(Intake) 📞: (250) 650-3288
<b>THE FORCE</b> Society for Kids' Mental Health	Provides peer parent support and helps parents to navigate the mental health/substance use system • Also offers "In the Know" educational series 🔗 <a href="http://www.forcesociety.com">http://www.forcesociety.com</a>	📞: 1 (855) 887-8004